



Fitness Through Aerobics, Step Training, Walking (Wadsworth Activities)

Karen S. Mazzeo

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Reach your fitness goals with FITNESS THROUGH AEROBICS, STEP TRAINING, AND WALKING, This book covers the principles and techniques of aerobic dance exercise, step training, and fitness walking. With this innovative book, you will be able to structure a complete physical and mental training program that can work for a lifetime!

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